



# Health NEWS & NOTES

## Personalized Arthritis Management Program For Time-Crunched Consumers <sup>TM</sup>

(NAPSA)—One in six Americans is battling with the nation's number one cause of disability—arthritis. But now time-crunched consumers can take better control of their arthritis (even in their slippers).

The Arthritis Foundation announces Connect and Control: Your Online Arthritis Action Guide. A FREE personalized education and behavior-change program, Connect and Control can be found on the foundation's Web site ([www.arthritis.org](http://www.arthritis.org)).

Connect and Control bridges a crucial gap between a marketplace reality (demanding schedules) and a growing public health concern (by the year 2020, arthritis will affect one in five Americans, mainly due to the aging of the baby boomers). It is the only program of its kind dedicated solely to the self-management of the more than 100 forms of arthritis and related diseases.

Connect and Control is convenient, confidential and available 24 hours a day, so participants can access the program when it fits their schedule. In addition, it is completely tailored to each individual's specific needs.

The Arthritis Foundation's Web site ([www.arthritis.org](http://www.arthritis.org)) offers credible, confidential and comprehensive information about arthritis. In addition to Connect and Control, site features include:

- Interactive risk assessment tool, a 12-question quiz enabling users to determine their risk of developing arthritis or whether they are already exhibiting signs and symptoms
- Online "Drug Guide," featuring dosage, interaction, risks and



**Free, personalized guidance about taking control of arthritis is now available at [www.arthritis.org](http://www.arthritis.org).**

warnings for more than 250 arthritis drugs

- Selection of free consumer brochures
- Advocacy network, featuring legislative issues of interest to the arthritis community and suggestions for getting involved and making a difference
- Local event news, including information about Joints in Motion, the Arthritis Foundation's marathon training and fund-raising program
- Volunteer opportunities
- Articles from the foundation's consumer magazine, *Arthritis Today*
- Message boards where visitors can share information on a variety of topics with others who are affected by arthritis
- An "Arthritis Store," where consumers can order books and videos on a variety of topics, as well as other arthritis management tools

• Interactive "clickable" map, where users can locate the nearest chapter to find out about classes and events

The site can be found at [www.arthritis.org](http://www.arthritis.org). From there, visitors can log onto Connect and Control.